

Download Grains Healthy Eating With Myplate

Whole Grains Grains: The Healthy Eating Plate encourages consumers to choose whole grains and limit refined grains, since whole grains are much better for health. Create a Grocery Game Plan. Making a plan before heading to the store can help you get organized, save money, and choose healthy options. - Plan Your Weekly Meals - Make a Grocery List - Save More at the Store Shop Smart to Fill Your Cart TIPS: Make Half Your Grains Whole Grains Tip Sheets: 10 Tips: Choosing Whole-Grain Foods; 10 Tips: Make Half Your Grains Whole Grains; At meals: To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. The Healthy Eating Plate, created by nutrition experts at Harvard School of Public Health and editors at Harvard Health Publications, was designed to address deficiencies in the U.S. Department of Agriculture (USDA)'s MyPlate.